

Monday		Tuesday		Wednesday		Thursday		Friday	
<b>SPECIAL PRORAMS ON ZOOM THIS MONTH</b>  Meet the New Mayor-Charlie Sisitsky 3/21, 2 pm  Films that Changed America 3/24, 2-3:30 pm  The Music of Motown 3/29, 6 pm		<b>FITNESS &amp; DISCUSSION GROUPS ON ZOOM</b>  Stretch with Anthony: 3/4, 10:30 am (free)  Mindful Living & Meditation: Mondays, 10:30 am (\$3)  Chair Yoga: Tuesdays, 4:30 pm (\$3)  Conversation & Humor: Fridays, 12:30 pm  Travel Discussion Group: 3/9, 3:30 pm		8:30-4 Table Tennis 8:45 Contract Bridge 9-4 Fitness Room \$2 <b>9-4:30 Computer Rm. closed: AARP Tax Prep, by appt.</b> Computer Room 9 Pinochle 9:30 Aerobics, Free 11 Zumba \$3 11-4 Mah Jongg 12:30-4 Pool Tables 12:30 Chair Volleyball 1-2 <b>ZOOM:</b> Parkinson's Support Group		8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 <b>9-4:30 Computer Rm. closed: AARP Tax Prep, by appt.</b> 9-12 Blood Pressure Clinic 9:30 Strength Training/Cardio \$3 11 Mindful Living & Meditation \$3		8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-12 Computer Room 9-4 Fitness Room \$2 9-4 Open Sew 9 Poker 9:30 Strength Training/Cardio \$3 10:30 <b>ZOOM:</b> Stretch with Anthony, Free 11 Chair Yoga with Rebecca \$3 12:30 <b>ZOOM:</b> Conversation & Humor <b>12:30-4:30 Computer Rm. closed: AARP Tax Prep, by appt.</b>	
8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9 Pinochle 9:30 Strength Training/Cardio \$3 10 Bowling: Ryan Family Amusements, Millis \$13 10-4 Mary Make Do 10-11:30 Sports Fanatics 10:30 <b>ZOOM:</b> Mindful Living & Meditation \$3 12-3 Scrabble 12:30 Tai Chi with Jon Woodward \$4 1-4 Genealogy Group		8:30-4 Table Tennis 8:45 Contract Bridge 9-4 Fitness Room \$2 <b>9-4:30 Computer Rm. closed: AARP Tax Prep, by appt.</b> 9 Pinochle 9:30 Aerobics, Free 10 <b>NEW-ZOOM:</b> Cardiac Support Group 11 Zumba \$3 11-4 Mah Jongg 12:30-4 Pool Tables 12:30 Chair Volleyball 1 Bereavement Support Group <b>1:30 COA Board Meeting</b> 4:30-5:15 <b>ZOOM:</b> Chair Yoga \$3		8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 <b>9-4:30 Computer Rm. closed: AARP Tax Prep, by appt.</b> 9-12 Blood Pressure Clinic 9:30 Strength Training/Cardio \$3 11 Mindful Living & Meditation \$3 3:30 <b>ZOOM:</b> Travel Discussion Group		8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 <b>9-12 Computer Room</b> 9:30 Cribbage 10-2 Mah Jongg 10-12 Ask-the-Experts 10:30-12:30 Grupo Latinoamericano 11 Zumba \$3 11 Discussion Group <b>12-4:30 Computer Rm. closed: AARP Tax Prep, by appt.</b> <b>1:30 Great Tours-Greece: Delphi, Monemvasia &amp; Mistra</b>		8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-12 Computer Room 9-4 Fitness Room \$2 9-4 Open Sew 9 Poker 9:30 Strength Training/Cardio \$3 11 Chair Yoga with Rebecca \$3 12:30 <b>ZOOM:</b> Conversation & Humor <b>12:30-4:30 Computer Rm. closed: AARP Tax Prep, by appt.</b>	
8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9 Pinochle 9:30 Strength Training/Cardio \$3 10 Bowling: Ryan Family Amusements, Millis \$13 10-4 Mary Make Do 10-11:30 Sports Fanatics 10:30 <b>ZOOM:</b> Mindful Living & Meditation \$3 12-3 Scrabble 12:30 Tai Chi with Jon Woodward \$4 1-4 Genealogy Group		8:30-4 Table Tennis 8:45 Contract Bridge 9-4 Fitness Room \$2 <b>9-4:30 Computer Rm. closed: AARP Tax Prep, by appt.</b> 9 Pinochle <b>9-noon Check Out No-Cost CaptionCall in the Friends Café</b> 9:30 Aerobics, Free 11 Zumba \$3 11-4 Mah Jongg 12:30-4 Pool Tables 12:30 Chair Volleyball 1-2 <b>ZOOM:</b> Parkinson's Support Group 4:30-5:15 <b>ZOOM:</b> Chair Yoga \$3		8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 <b>9-4:30 Computer Rm. closed: AARP Tax Prep, by appt.</b> 9-12 Blood Pressure Clinic 9:30 Strength Training/Cardio \$3 11 Mindful Living & Meditation \$3 11 Low Vision Support Group		8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Fitness Room \$2 <b>9-12 Computer Room</b> 9:30 Cribbage 10-2 Mah Jongg 10-12 Ask-the-Experts 10:30-12:30 Grupo Latinoamericano 11 Zumba \$3 11 Discussion Group 12-1:30 Grandparent Support Group <b>12-4:30 Computer Rm. closed: AARP Tax Prep, by appt.</b> <b>1:30-3 Movie: Waking Ned Devine (PG)</b>		8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-12 Computer Room 9-4 Fitness Room \$2 9-4 Open Sew 9 Poker 9:30 Strength Training/Cardio \$3 11 Chair Yoga with Rebecca \$3 12:30 <b>ZOOM:</b> Conversation & Humor <b>12:30-4:30 Computer Rm. closed: AARP Tax Prep, by appt.</b>	
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